## **Team members**

Mr Boerm – Assistant Headteacher/Safeguarding Lead/Pastoral Lead

Mrs Goodman – Student Support Centre Manager/Deputy Safeguarding Lead/Mental Health First Aider/LGBT Ambassador

Mrs Sibley – Student Adviser/trained Counsellor/Mental Health First Aider/LGBT Ambassador

Opening Hours: 8.30 am — 4pm Monday to Friday



**Student** 

Mental Health

Menu



**Useful links to more support:** 

### www.moodjuice.scot.nhs.uk

Mood juice is a site designed to offer information and advice to those experiencing troublesome thoughts, feelings and actions.

#### ChildLine

#### 0800 1111 Childline.org.uk

Help, support and advice on the phone or via the internet.

#### Kooth.com

Online counselling service. Any child can log on and speak to a trained counsellor until 10pm at night.

## www.stem4.org.uk/calmharm

stem4 is a teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage.

> Invictus Trust Crestwood School Bromley Lane Kingswinford DY6 8QG

# A safe haven of support, for you, whenever

you need it...









# **Starter Support**

To support you before a crisis

- Use self help strategies pick up a leaflet from Mrs Goodman
- Mrs Goodman available every day for 1:1 support.
- Mrs Sibley available to offer a consultation see HOY/Mrs Goodman/Mr Boerm to send a referral.
- Kooth Online counselling service.
   Kooth.com. Any child can log on and speak to a trained counsellor until 10pm at night.
- ChildLine 0800 1111
   Childline.org.uk Help, support and advice on the phone or via the internet.
- Chat Team

# **Main Support**

- Mental Health Trained First Aiders Mrs Goodman/Mrs Sibley
- LGBT Ambassadors Mrs Goodman/Mrs Sibley.
- 1:1 Mentor Sessions. Bespoke service tailored to each individual.
- Primary Transition for the more vulnerable students.
- Bespoke intervention
   plan/timetable for students
   struggling with anxiety disorder/mental
   health issues.
- Access to a quiet, safe place to work.
- School Nurse weekly drop in sessions. Appointments and referral system also in place see Mr Boerm/Mrs Goodman.
- Student Adviser/Councillor appointments available see Mrs Sibley/Mr Boerm/Mrs Goodman/HOY.

#### **External Support**

Additional outside support we can help you access:

**CAMHS Child and Adolescent Mental** 

**Health Service.** Child and Adolescent Mental Health Services is the name for NHS-provided services in the United Kingdom for children, generally until school-leaving age, who are having difficulties with their emotional or behavioural well-being.

**Children's Services** provide support and social care services for children, young people and families. They have a very clear goal to protect children and young people from harm and improve the quality of care they receive.

**The What Centre** is a free counselling service for young people aged 13-25 years

**Cruse.** Cruse Bereavement Care is a national charity providing free advice, information and support to adults, young people and children who are struggling to cope with grief arising from bereavement, when or however the death occurred.

Young Carers. A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol. If this describes you — Look out for posters around school.

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